Mrs. Woodrow Writes of Yesterday and Today Pessimist—How to Reply To His Calamity Howling By MRS. WILSON WOODROW.

a man who is a born pessimist. He couldn't see a ray of sunshine anywhere, and his dark predictions concerning the future would have made your blood run

"But you must admit," I argued, "that everywhere there are signs of a marked impulse toward joy and

He immediately pointed out three women who had just passed us in succession. They were shuffling along in the painfully narrow skirts of the moment, and they would have looked stout even in flowing gar-

"Are those evidences of it?" he asked. "I wasn't referring to the per-sonal and particular," I said hastily;

nor was I talking about a trained appreciation of art, but that instinctive feeling for beauty which was expressed by the old Eastern philosopher who said that if he had two loaves of bread he would sell one and buy white hyacinths."

The Question. "It's always men who say beautiful things," he remarked. "But women feel them," I replied, "Who compose the greater part of

the audiences at theaters and son-"It's just because they have more spare time on their hands," he said.
"Most of them go just to fill in their idle, unoccupied hours."

"Fiddlesticks!" I answered. "It's always begging the question to state dogmatically that the motives of people are thus and so."

"But men," he insisted, "have always been the great creators of art, literature and music."

"I won't stop to discuss that," I joined. "Til just be dogmatic like you and state that women are the great appreciators of beauty. Whoever saw a woman that wasn't fussing over some kind of a plant, even if it was only a spindling geranium in an old tomato can? The florists would go out of business if t wasn't for women. Who ever heard of a man buying flowers to send to another man, unless the other man was dead? They buy lowers for women, because women ove them and won't be without

"If a woman was cast on a desest island, as soon as she had built her hut of bamboo and thatched it with palm leaves she would begin to consider how she could get the maximum amount of decorative effect from sea-shells and cocoanuts.

"Look at the rooms lived in by women. They are always decorated in one way or another. The effect may not be pleasing to all eyes, because good taste is rare. But whether for good or whether for ill, they express the impulse toward beauty of the feminine peronalities who live in them.

National Impulse

For Joy and Beauty. beautiful things. They want them for themselves, for their homes, for their children. And this longing for color and joy in our lives becomes more and more apparent. Consider, for instance, the outdoor pageants which are a growth of recent years and which commemorate the local history of State, a city, or a town. Then there are the still more recent block parties, where a street is gayly decorated, the traffic is diverted from it in the evening; bands are provided, and every one dances. "These express the growing demand for a carnival season. And there is a constantly increasing

WAS walking up the street with | desire for more music in our lives. It was augmented by the "canned" music, which few of us would now be without in our homes.

"Community singing, which grows more general, is another indication of our growing appreciation of music and of its importance in our lives.

"All of these straws show the course of the wind, and the wind in this case is a national impulse toward joy and beauty; for he who sings and dances and delights in color is never a grouch or a kill-

World Becoming Nicer to Live In.

"Another of the signs of the times is that the health of the population will be safeguarded as never before, and the health and welfare of children will be of first importance. We have seen the marvelous results of physical training in our drafted boys. It is to be hoped that this training in some form or another will continue to be a part of

girls will be generally included in it and thus share its advantages." Whether the pessimist believes it or not, all the indications are that this world is in process of becoming a nicer and ever nicer place to

our educational system and that

The Child's Air Ration

By Brice Belden, M. D.

ROWING children need more 1 oxygen than do adults in proportion to their size, and it is therefore of the utmost importance that they should get the largest possible quantity of fresh air.

Too often, even now, we encounter false notions about "catching cold," when endeavors are made to secure for children the requisite supply of fresh air in bed rooms, living rooms, and in the school. But there must be no ceasing in the demand for fresh air. Remaining superstitions in this respect must be broken down.

Want of fresh air plays an important part in the causation of malnutrition in children, along with insufficient feeding, overwork, want of sleep, generally bad hygienic surroundings and inattention to the simple rules of health.

A child must sleep with the windows of his room open and he must be given every chance to fill his lungs with fresh air. It is essential, however, that he must learn to breathe properly through the nose and not through the mouth. Mouth breathing permits air to

enter the lungs with its temperature unchanged. Normally, the passage of inspired air through the nostrils and back part of the throat warms the air to body heat, so that it enters the lungs at an equable and optimum temperature. In mouth breathing much irritation of the respiratory passages occurs because of the intake of cold and impure air.

Snoring at night, habitual breathing through the open mouth, and other bad breathing habits should be conected by proper training and, when necessary, through surgical intervention. Some snoring children can be cured, provided there are no gross local troubles accounting for the habit, by wakening them, turning them on their sides, and making them close their mouths. There are also de-

That Sign the General Storekeeper Put Up Had the Boys Worried, But Not For

Very Long.

vices for keeping mouth closed when the child is asleep. Do not allow children to sleep in rooms in which are gas or oil fires or lighted gas burners, even if turned low. This is a common

cause of anemia and malnutrition. After school hours during the daytime children should be encouraged to be in the open air as much as possible.

Author of Many Novels and One of the Country's Best-Known Writers of Short Stories. Copyright, 1919, Star Company.

C HE interrupted him, "Please," she begged, "don't make any more explanations! are quite unnecessary." "Unnecessary?" he echoed.

"Yes," she answered simply, "because, as I have already tried to explain, I had faith in you. So, please-if you believe what I say, -let us talk no more about it." "And you forgive me!" he ex-laimed. "You forgive me—and

actually understand?" "Yes," she said, "I understand .so there is nothing to forgive. That is what French people say, you know,-To comprhend is to

claimed.

pardon'" "Miss Leighton," he implored, all sense of caution swept from him. "I have another confession to make. From the first time I ever saw you I knew there was never anybody else like you,-that you were the only"-

bother to tell me," she murmured. smile playing about her lips. "I know that, too. "You know that I love you?" he burst forth, seizing her hand. "Oh, my dear,-you knew that all along?

Again she checked him. "Don't

tried to hide it. Why did youhow could you-"Because," and she laughed softly while a beautiful color flooded her face-"the eyes of love are not blind, but preternaturally That was why I under-

stood you and trusted you-David." CHAPTER LXXXII.

Walter Jefferson was a member of the same club to which Samuel Leighton belonged. Not that he could really afford to belong to such an expensive organization as this. Yet, as a climber, he felt that it was to his interest to have his name on the club roster. He economized in other ways in order to pay his dues, hoping meanwhile that his association with rich

men would be of benefit to him.

charming daughter. Samuel Leightons son-in-law would never have to work hard. Desiree was desirable from all points of view. The dinner in honor of the Canadian military man went off success-

One of these rich men had a

fully. It was 11 o'clock when Jefferson made his way to Samuel Leighton's side. There was about him an air of elation that convinced the older man that he had something of importance to impart. Immediately Leighton was on his "Good evening!" he said, stiffly.

"Good evening!" Walter Jefferson returned. There was an awkward pause. "Have one-won't you?" Walter suggested, proffering his cigarette

"Thanks, I never smoke the things," was the reply. "Have a cigar, won't you?" holding out his own cigar case. Jefferson wanted to take one, but



The Love Gambler

By VIRGINIA TERHUNE VAN DE WATER.

proving gleam in his companion's eyes made him decline. Leighton started as if to move on. If the younger man would drop his verbal

bomb, he must do so quickly. "I want just a word with you." he said hastily, laying his hand on Leighton's arm. "From your manner when we parted the other day I knew that you thought me very officious. Since then I have proved

that my suspicions, expressed then, were well founded." "Eh?" the gruff monosyllable was not encouraging. But Jefferson was not daunted.

"Yes, I met my cousin, Daisy Dakin, today-in fact, I called on her. She is stopping at the Waldorf-she and her hsband. I reminded her of the chap I met at her house some time agodescribed his looks and all thatand told her his last name began with a D."

"How did you know that?" "From the initials on his cufflinks," Jefefrson replied. Then, seeing the sneer creeping about the listener's lips, hastened to check it by the startling statement-

A Startling Statement. "Smith, your ex-chauffeur, happens to be David De Laine, of Balti-

more. My cousin is sure of it." Samuel Leighton was puzzled for an instant. "David DeLaine"-he

"Yes!" Jefferson interrupted him eagerly. "The nephew of Miss Jeanne DeLaine, a rich old lady in Baltimore.'

"Oh, I understand," the older man

admitted-the contradicted himself with-"but no, I don't either! Why should Miss DeLaine's nephew think it necessary to give up his own name-and be my chauffeur?" "Ah, that's the very point!" Jefferson announced triumphantly, a glow of revenge in his pale blue "Why, inded? I wondered, too, until Daisy enlightened me, or at least threw some light on the subject, although she did not suspect the significance of what she told me. It seems, my dear sir, that some rumors about Miss DeLaine's wil have leaked out, the principal one being that unless her nephew married a certain young lady in

New York of whom she was fond he would get none of her fortune." after you have washed it, you For a moment the young man should do both with the same operawas startled by the changes that tion. Mix one ounce of glue swept over the parent's face. Per-(melted) with your washing water, plexity gave way to suspicion, susand when dry your floor will have picion to incredulity, followed by a beautiful gloss. a rage that made Leighton seem to tower above his informant.

"Be careful what you say, Jefferson!" he exclaimed. "No more suggestions! Speak out what you mean!" "Sh-sh! Do not speak so loud." Walter continued. "I suggest noth-

Oatmeal water is one of the simplest ing. I only tell you what was told and most efficacious drinks it is posme. Since you demand cold facts sible to have for allaying thirst. -my cousin said she had heard that Lemon-juice improves the flavor. Miss DeLaine left a pretty sum of money to her nephew on condition something in the cold and disap- ; that he marry a rich girl in New

political offenders.

New stockings should always be washed before being worn.

York-a girl of whom the old lady

was very fond. You can draw your

forth, "and you can tell your cousin

so for me. I beg your pardon-I

forgot she was a lady. No doubt

she believed the story. But I know

it is an infernal lie, and I forbid

you to repeat it in connection with

the young man who has been in my

employ, or any young woman whom

After which explosion Samuel

Leighton left Jefferson abruptly,

and going to the coat room for his

hat and coat , made his way to the

The rain had stopped. Leighton

had told his chauffeur not to return

for him. He had not been sure

when he would want to go home,

He started up Fifth avenue with

What a pack of lies! Absurd!

Thus his thoughts ran for the

first five minutes of his walk.

Then common sense asserted itself.

not been some truth in what Jef-

ferson had just told him? He re-

membered now that Desiree had

spoken disparagingly of this young

De Laine-had expressed herself as

unwiling to meet him. Had she

heard the rumor about his aunt's

But, of course, she had not! Yet,

could young De Laine know of it,

and had he crept like a sneak into

the employ of the father of the

girl whom he must marry to get his

It all sounded like a dime novel.

Samuel Leighton called himself a

fool for having thought seriously

(To Be Continued.)

Hints For The

Household

Carpets may be brightened by

first sweeping thoroughly and then

going over them with a clean cloth

and clear salt water. Use a cup-

ful of coarse salt to a large basin

To renovate leather that has be-

come dull and shabby-looking, rub

Instead of potishing linoleum

over with the white of an egg well

How did he know that there had

and he would sleep better for a

a stride that would have done credit

to a young man. He was very

he has met in New York!"

street.

walk.

Disgusting!

aunt's fortune?

of the matter.

of water.

It's a d- lie!" Leighton burst

own conclusions, sir."

Her "Yes" in Post-Horse Times and Now C. D. BATCHELOR Saving Money in the Home Little Tricks For Women in Household Economics '

By ELIZABETH LATTIMER.

WHENEVER anyone says
pumpkin, everyone immediately thinks of pumpkin
pie when, as a matter of fact, there are a number of unusual ways in which this delicious vegetable can be used. Many people, too, only use the pumpkin at this time of the year, not realizing that extra pumpkins may be stored away to add variety to winter meals which become monotonous enough before the next advent of fruits and vegetables. A cool, dry corner of the cellar or cold closet, if you live in an apartment, makes the best place to put the extra ones and also some

I have already printed an eggless pumpkin pie so I'm just going to give the less well known ways of cooking it other than as a pie fill-

Pumpkin Bread Pudding.

1 cup stale bread crumbs.
14 cups sweet milk.
1 cup mashed pumpkin (boiled or steamed and put through a colander).

1-3 cup sugar.

½ teaspoon salt.
1 teaspoon vaniila.
2 egg yolks.
1 tablespoon butter (melted).

Pour the milk over the bread and allow to stand until the crumbs soften. Add pumpkin that has been cooked and put through a colander. before measuring. Add the egg yolks and the melted butter. Beat well. Pour into buttered baking dish and bake in a moderate oven' until the center is firm. Remove from the oven, spread the top with a tart jelly, pile meringue lightly on top and return to oven long enough to brown the meringue. Serve cold with cream. If preferred, the jelly can be omitted and the pudding is good even if you do not serve cream with it.

Meringue. Two egg whites beaten very stiff four tablespoons sugar, a pinch of salt and one-half teaspoon vanilla.

Pumpkin Corn Bread. (An old-fashioned favorite.)

cup mashed 4 teaspoons baking pumpkin. powder. cup milk. 1 teaspoon salt.

Mix in order given. Pour in greased baking pan and bake 40 minutes in a hot oven. Cut in squares, and serve hot. Recipes for a number of dishes in which pumpkin is prepared as a

winter vegetable follow: To prepare the pumpkin, cut open, remove seeds and stringy portion, and cut into pieces of convenient size for cooking. One of the most satisfactory methods of, cooking pumpkin is by steaming. Remove the skin, place in a steamer over boiling water, and steam until the pieces are tender. Pumpkin prepared in this way is less watery than the boiled pumpkin.

Mashed Pumpkin. Force the steamed pumpkin

through a colander. Season with salt, pepper, and butter. Serve hot Pumpkin Timbales.

Very good served with ham or cold meat of any kind.

1 pint mashed cup mllk.

Mix together and put in buttered custard cups. Stand in a pan of boiling water and bake in a mod erate oven for 30 minutes. When the mixture is firm turn (arefully from the cups and send to the table. This same mixture may be baked in a shallow dish with chees grated over the top. In this case

omit the cinnamon and mace. Individual pumpkin custards may be prepared in the same way. Use the usual pumpkin ple custard mixture and bake in currerd cups

instead of in a pastry crust. Cream of Pumpkin Soup. 4 cup butter.
4 tablespoons flour.
2 tablespoons onion % cup of mashed

pumpkin.

1½ teaspoons mit.

½ teaspoon pepper. juice. cups milk. Melt butter in saucepan and stir in flour. Add onion juice, salt, and pepper and mashed pumpkin

\$1 PAID FOR TICH DOLLAR SAVED

How I Saved a Dollar

Here is a chance for every one earn a dollar by telling how she has saved a dollar. It may be a dollar or more. It may have been saved in a day or a week. However, all that matters is HOW

\$1 saved and \$1 earned by the telling of the saving makes \$2. How about it? Be brief and write only on one side of paper.
I will award a prize of \$1 each day for one of the suggestions

which I print. ELIZABETH LATTIMER.

P. S .- If you want a prize, you must be willing to have your name and address used, because that is only fair to other contestants, who have a right to know that each day's prize winner is an actual per-son. However, I am delighted to have all sorts of ideas sent in, which, if not given a prize, will be printed with initials only and

help the other readers. If your first letter doesn't get a prize, try again. Even if it does, that is no bar to your getting an other if your idea is worth it.

and blend together. Add the milk and bring to the boiling point

Creamed Pumpkin. Out the pumpkin in small piece Boil in salted water until tender o

steam if preferred. Drain and serve with a white sauce. Glazed Pumpkin Cut the pumpkin meat into stripe

about half an inch thick. Steam of

boil until partially tender. Place

strips in baking dish and coat each piece with a syrup make by h ing together:

Coru syrup may be used in place of sugar. Place in the oven and cook until brown.

Diced Pumpkin in Conservie Cut the raw pumpkin into small pieces, place in glass casserole dish or any baking dish with a cove Sprinkle with salt and a little pep per. Allow to each cup of diese pumpkin a half cup of boiling water and a tablespoon of butter. Cover closely and cook in oven until pumpkin is tender and the water absorbed. Serve hot in the dish i

The very simplest method of pre-paring squash or pumpkin is to cert into 3-inch squares without remov-ing the rind, placing the rind side down in a baking pan and baking until soft in a moderate oven.

Tinted Walls Of Three Rooms.

Today's Economy Prize go woman who beautified her home in spite of high prices. Mrs. Faulkner will no doubt be surprised as her letter came fully two weeks ago. There were so many shead of her that I only just now got around to giving her a prise.

DEAR ELIZABETH LATTERER:

I want to tell you how I managed to make money and yet make a much needed improvement in our home.

We have been living in our homes two years, and as we are buying it and it takes every cent we can move to meet the paymenta, the repairs have been somewhat neglected. Reportally we had three rooms that were discouraging to me as the paper was so faded and interviews with several different paperhangers had developed that it would cost more than \$56 to repaper them.

Making a Living Memorial

By Dr. Wm. A. McKeever. Professor in the University of Kanans and an Authority On Child Training.

A | EARLY three hundred city and suburban communities have begun recently to work out plans for a memorial building of some kind in honor of their local war heroes living and dead.

Now, I wish to make this an appeal to the communities in charge to erect for the purpose named such a building as may be made to serve the children and young people as well as the adult population. Erect a memorial hall in the form

of a high school auditorium. Place the new building at least adjacent to some public school and put a gymnasium and a swimming pool therein as well as a big audience room.

Provide in the building a department for perpetual display of the relics and mementoes of the late war, but consider this museum also as a place of instruction for the children of the schools.

Make this memorial hall a supplementary school building, showing in complete manner the printed accounts, proclamations, new devices, materials and mechanisms peculiar to the war period. What the people read, how they worked for success, what they ate, what they wore, how they rallied to the mass meetings, how they served and sacrificed, and a hundred other matters of the general class-all this should be systematically displayed in a memorial building on or near the school grounds and used as a great instructive and inspiring text book for the long procession of young humanity that is constantly

struggling along over the common Peter the Great began to send way of life. prisoners to Siberia in 1710. The Recently there entered the public system was continued until abolschools a million little children who ished in 1910, except in the case of will remember the war only as a few big parades and noisy holidays. In ten years 10,000,000 more will join a class even below this one, and in a score of years we shall have a complete generation of the young, who must learn at the

personal narrative So it should begin to appear her a memorial building, rightly con-sidered, may both perform a distinctive honor to the heroes of the way and render a conspicuous service to the children of the common people. It is in the hearts and minds of these little ones that a living me morial can and should actually be

Up to date this larger possible service of a memorial hall has often been spoiled by some one who had a piece of real estate to sell. Let others take warning and turn their backs upon any such commercialism. Let the committee on plans search far and wide for models. Let them try to visualize a beautiful building with appropriate outer adornment but with such inner arrangements as to make it grow into the lives of the oncoming genera-

A big commodious auditorium, to be used daily by the pupils as well as frequently by all the people; a big picture gallery, war relic department, printed record room, community behavior panorama; in short, as nearly as possible a cross section of the war while it was actually in progress-this is the living memorial which I want to see in every city and dedicated both to the soldiers of the late war and to all the children of all the people

Do You Know That-

In Russia the natives never drink milk in their tea, and cups and saucers are never used for tea. It is drunk from glasses.

Hindoo babies are named when

they are twelve days old, usually by the mother. The telephone operators in Egypt

are required to speak English French, Italian, Greek and Arabic It is surprising to learn that

chariots worked on the principle terrible crisis in the works hisof the taximeter were used in try only from printed second and China in the fourth century.

